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| 2-Week SeminarEmotionally Intelligent ParentingParent from a Place of Inner Calm and BalanceCultivate calm and balance as you nurture your role as parent, grandparent or any other caregiving capacity. Learn how to remain unruffled and relaxed in the chaos of a busy family life and never ending responsibilities. Enjoy a toolbox filled with effective resources to restore inner balance and consequent family harmony. Spaces limited. Register early.  |
| Register at www.cmhcweb.com  |

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| Raise your child’s EQNavigate AnxietyParent Mindfully What about technology?Monday evenings from 6:30pm – 8:30pm Cost: $ 80 Dates: 2/5 & 2/12  |
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| Facilitator:Dr. Heidi Schreiber-PanClinical Director at CMHC / PHD Counseling Psychology1010 Dulaney Valley Road, Towson, MD (410) 567-5117 |

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